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JUNE 16, 2023 | VOLUME 14 | ISSUE 13

YOUR PURCHASE BENEFITS THE VENDORS.
PLEASE BUY ONLY FROM BADGED VENDORS.

Can you dig-it? Tech questions and
answers from Washtenaw Literacy.
Page 5



MEET YOUR
VENDOR:
**ROBERTO ISLA
CABALLERO**
PAGE 3

GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

**JUNE
TEENTH**
celebration

in Washtenaw County and
across the nation. **page 4**

JUNE 16, 17 & 18

Ypsilanti 2023 Juneteenth
Festival graphic.

THIS PAPER WAS BOUGHT FROM

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@groundcovernews, include vendor name and vendor #

Undercover art intel: Panda’s art at Argus’ Artisan Market! Come one, come all!

This summer, Argus Farm Stop will hold their Summer Artisan Market, presenting artists from around the greater Washtenaw area. This annual event will showcase many kinds of art, including, most importantly, cultural and local arts.

Let us not forget that the COVID-19 pandemic shut down many of the local galleries and local art events, putting a full stop on artists’ work and sales across the nation. As a result, many artists were obligated to sell online. That puts a barrier between the artist and the buyer.

It is vital for artists to show their work in person to the public. Selling one’s art is a very personal and intimate interaction with the world. Art is all about emotional connection. That can’t happen through a computer. Computer sales are a cold and empty interaction with the artist.

I have always believed that the United



CINDY GERE
Groundcover vendor No. 279

States is about freedom and liberty to not only travel to events, but to sell across the nation at locations like Argus, so I’m really happy that this event is taking place this year.

The Summer Artisan Art Market will be at the Argus Farm Stop (Packard location), 1200 Packard St.

The event starts at 10 a.m. and ends at 3 p.m. I am honored to say that I will be

there showing my own works of art for not only my own patrons, but also the general public. This is my first official public event outside of the homeless low-income art gallery held by M.I.S.S.I.O.N. at Journey of Faith Church.

This event is only six hours long, so mark your calendars and we will be happy to see you on June 24, 2023. Come one, come all!



CONTENT correction

In the March 24 issue of Groundcover News, editing of "What the street took" by Mar-kona Love resulted in an inadvertent change to the meaning of one of his paragraphs.

His intention was to thank the following: the General Defense Committee, Wash-tenaw Camp Outreach, Soli-darity House, Mercy House, Purple House, Peace House, Hamilton House, Freight House and the Hope Clinic (especially Heather).

We apologize for the misunderstanding.

MEET YOUR VENDOR



Roberto Isla Caballero,
vendor No. 347

In one sentence, who are you?
From Cuba to Ann Arbor, 1980!

Where do you usually sell Groundcover News? Corner of Washington and Main St.

When and why did you start selling Groundcover? 2016. Somebody at St. Andrew's Breakfast Church asked if I wanted to sell papers and then took me to the Groundcover office!

What is your favorite thing to do in Ann Arbor? Sell my papers. For now, this is my thing.

What song do you have completely memorized? I like too much music. I dance every night. I like any kind of music – Mexican, American, Cuban.

What is something about you that someone on the street wouldn't know? I don't make complaints. I just stay on my corner.

What was your first job? I helped my father make things. I started working in a school in Cuba.

If you could only eat one meal for the rest of your life, what would it be? Coffee.

What's the best thing about selling Groundcover News? My money in my pocket!

What are you most likely to become famous for? I'm already famous from being on the cover of Groundcover News in 2016 (pictured below).



Baby resources still needed!



TABITHA LUDWIG
Groundcover vendor No. 360

My name is Tabitha. My fiance and I are having a baby in July and definitely need help with getting the things needed. If anyone would like to help out my family with this beautiful baby girl, I have a baby registry on Amazon and also at Target.



The baby registry is in the name “Tabitha Ludwig.” Please help us as we have nothing for the baby yet; it would be a great blessing. If you want to send money instead, we have a Venmo account @solowyte83 and a CashApp account \$flyhighis.

I did receive a little help from a wonderful couple and I would like to thank them for the things they helped my family with. But with that being said, me and my family are still desperately in need of help. The baby does have growth restrictions in the womb so my doctor is talking about inducing my labor, so there is a very high chance that she will be born a preemie.

Thank you all so much and God bless! Let's welcome baby Lena Almond to the Ground-cover family soon.

GROUNDCOVER NEWS

CREATING **OPPORTUNITY** AND A **VOICE** FOR LOW-INCOME PEOPLE WHILE TAKING ACTION TO END HOMELESSNESS AND POVERTY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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1/4	\$200.00	\$265.00	5 X 6.25
1/2	\$375.00	\$500.00	5 X 13 or 10.25 X 6.5
full page	\$650.00	\$900.00	10.25 X 13

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Three Months/Six Issues: **15%** off
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Celebration of Juneteenth in Washtenaw County and across the nation

On June 19, Americans will celebrate the second anniversary of “Juneteenth” being a national holiday. Juneteenth marks the end of chattel slavery in America. For the African American community, Juneteenth represents a celebration of freedom, liberty and equality.

Ms. Opal Lee of Fort Worth, Texas, is described as the “Grandmother of Juneteenth.” In a YouTube interview which she gave on May 24, 2021 to Southern Living Magazine, 94-year-old Ms. Lee said the following:



WILL SHAKESPEARE
Groundcover vendor No. 258

“It is in my DNA to help people. Juneteenth is actually the 19th day of June. It started when General Gordon Granger and 7,000 Black Troops made their way to Galveston to tell the 250,000 enslaved people there that they were free. He nailed that Order called ‘General Order No. 3’ to the door of the reading Chapel of the African Methodist Episcopal Church. And when those people came in from their work and somebody read that to them, they started celebrating, and we’ve been celebrating ever since. They gained so much. They gained the ability to name themselves, the ability to have children which cannot be taken away from them. They were able to dress, to own property, to vote, to pay taxes and all these things. It was freedom then, and we need freedom now, and I see Juneteenth being a unifier...”

The Public Law which President Biden signed was truly bipartisan legislation entitled “Juneteenth National Independence Day.” It sailed through the Senate, and only 14 Republicans voted against the Bill at the U.S. House of Representatives. Below is a brief remark by President Biden proclaiming Juneteenth a federal holiday and a day of observance:

“On June 19, 1865 — nearly nine decades after our Nation’s founding, and more than two years after President Lincoln signed the Emancipation Proclamation — enslaved Americans in Galveston, Texas, finally received word that they were free from bondage. As those who were formerly enslaved were recognized for the first time as citizens, Black Americans came to commemorate Juneteenth with celebrations across the country, building new lives and a new tradition that we honor today. In its celebration of freedom, Juneteenth is a day that should be recognized by all Americans. And that is why I am proud to have consecrated Juneteenth as our newest national holiday.”

Gratitude to Opal Lee, Annette Gordon-Reid and Sheila Jackson

On May 30, Baptist News Global Writer Mallory Challis wrote an article titled, “Opal Lee may be ‘Grandmother of Juneteenth,’ but she’s not done working for justice yet.” Today, Ms. Lee is 96. Last year, on June 17, Opal Lee visited Harvard University’s Chan School of Public Health in order to tell



U.S. President Joe Biden is applauded as he reaches for a pen to sign the Juneteenth National Independence Day Act into law, as Opal Lee, a 94-year-old activist and retired educator in Fort Worth, Texas, reacts with Vice President Kamala Harris in the East Room of the White House. June 17, 2021. REUTERS/Carlos Barria

stories of Juneteenth.

Two notable viewpoints from Ms. Lee are: Juneteenth is not a celebration for one day and it was her candid wish that people across America will celebrate freedom and liberty from the 19th of June to the 4th of July Independence Day.

Annette Gordon-Reed is a Pulitzer-Prize-winning author whose recent book is entitled “On Juneteenth.” She is also a distinguished professor of history and law at Harvard. On February 10, 2022, Virginia Commonwealth University invited her to deliver the “VCU Black History Month Lecture.” She came to VCU last year to talk about her book.

Planners of the Juneteenth celebration at Harvard (June 14-17) invited Professor Gordon-Reed in order to learn more about her experience growing up in the 1960s and 1970s, about Texas history, and about the complexities of America’s past historiography and how we reflect on the experiences. News writer Brian McNell said that Annette Gordon-Reed is “the first African American recipient of the Pulitzer Prize for history and one of the authoritative voices on race and history in America.” The prize was awarded to her book project titled, “The Heminges of Monticello: An American Family.”

The book, “On Juneteenth” has won several awards and recognition. The publisher told McNell that the book, “‘On Juneteenth’ provides a historian’s view of the country’s long road to Juneteenth, recounting both its origin in Texas and the enormous hardships that African Americans have endured in the century since, from reconstruction through Jim Crow and beyond.”

We wish to salute and thank Congresswoman Sheila Jackson and her colleagues in Congress. During a period of uncertainty and the

nightmare of COVID-19 pandemic she and her co-sponsors in the House and Senate made it possible to secure a bi-partisan law which President Biden was very happy to sign.

Conclusion

On June 2, 2021, the Washtenaw County Board of Commissioners issued a resolution proclaiming June 19 as county observance of Juneteenth. June 19 was already made a holiday in Ypsilanti and Ann Arbor during the springtime of 2021 before it was made a federal holiday with President Biden’s signature. Street marches and rallies took place in Ann Arbor and on the U-M campus. The Ann Arbor branch of the NAACP organized several celebrations in city parks. Brown Chapel made several books on history available and held conversations on reimagining justice celebration at the Ypsilanti Church. Similar celebrations took place in 2022.

For the 2023 Juneteenth celebration, community members are advised to search for events on Facebook for the cities of Ypsilanti and Ann Arbor. Several events are planned for revelers and street vendors in Ypsilanti and Ann Arbor. Groundcover News will be represented on Saturday, June 17 in downtown Ypsilanti.

Finally, Juneteenth can be a family celebration or a group celebration. It is also an occasion for civic knowledge and community education. We encourage intergenerational celebration. All the advocates who worked hard to make Juneteenth a federal holiday say that every American needs to know the story of Juneteenth, especially the young people in our communities.

Reading, learning and in-depth conversations will give us hope for the future. HAPPY FREEDOM DAY!



TECH QUESTIONS + ANSWERS FROM WASHTENAW LITERACY

Q: I constantly need to reset my passwords. What is the best, safest way to keep track of passwords for different accounts?

A: Making and remembering passwords can be one of the most frustrating aspects of living in our internet-dominated world. One of the main difficulties is that the more secure your passwords are the harder it can be to keep track of them. Passwords are more secure when they are unique, long and complex. But keeping multiple lengthy passwords straight in your head can feel impossible.

Thankfully, there are several different tools and strategies you can use to prevent yourself from having to constantly reset your login credentials. One of the easiest ways to keep track of your passwords is to use a password manager. Password managers are applications or browser-based tools that store your passwords for you in an encrypted format, which means that they are resistant to being hacked. Although some password managers support biometric security (such as fingerprints), most password managers will still require you to remember one master password that will give you access to all of your other login details. If you use a password manager it is really important to make your master password as secure as possible.

A less high-tech alternative to a password manager is to simply write down your passwords on paper and keep them together in a secure place. There are a few things you should consider if you decide that this option is for you. Make sure that you have somewhere really safe to store them, preferably somewhere away from your computer and where you won’t lose them. It is a good idea to write passwords in an unlabeled notebook, to make them a bit harder to find.

Another thing you might try is to write hints instead of the passwords

themselves. For example, if your password is the name of your dream car with your mother’s birth date and an exclamation mark, you can write “car mom excited!” instead of writing your actual password. Then, even if someone gets ahold of your list of passwords, they won’t necessarily be able to get into your accounts. Try to make your clues vague enough that others won’t be able to figure them out, but specific enough that you’ll remember what it means.

One last tip is to think about which accounts are the most important for you to keep secure. For your most important, most sensitive accounts, such as online banking, telehealth, or email, it might be best to spend some time making sure that you can memorize the passwords, even if you keep your other passwords in a password manager or written in a notebook.

Q: Is there any way to block spam calls? Or to prevent them?

A: Spam calls are a serious problem, and one that is reportedly on the rise. Various sources report that, during the last three years, 30-60% of all calls placed in the United States were spam calls. The Federal Communications Commission, a government body charged with regulating radio, television, phone and internet communication in the United States, has stated that unwanted phone calls are their “top consumer complaint” and their “top consumer protection priority.”

There is no single, foolproof way for you to completely prevent all unwanted calls. That being said, by taking a few precautions you should be able to greatly reduce the number of spam calls you receive.

One of the first steps towards minimizing spam calls is to add your name to the Do Not Call Registry. The Do Not Call Registry is a list of phone numbers maintained by the FCC to help prevent

unwanted telemarketing calls. You can add your phone number to the registry at www.donotcall.gov. Once your number is on the list, it is illegal for telemarketers to call you. Adding your number should help to cut down on the number of telemarketing calls you receive, and it will enable you to report unwanted calls to the FCC. Unfortunately, many spam callers don’t care about the legality of what they’re doing, so putting your number on the Do Not Call Registry will not totally eliminate unwanted phone calls.

Most smartphones have several other options for limiting spam calls. iPhones and androids allow you to silence all calls coming from numbers that aren’t in your contacts. The calls will still show up in your call log, but your phone will not ring. You can also download a spam blocker application to help filter out unwanted calls. Popular spam blockers for androids and iPhones include Hiya, Robo Shield, Truecaller and Nomorobo. Some phone providers, such as AT&T, T-Mobile and Verizon, have additional call filtering and caller-ID features that can help you crack down on spam calls.

One last important piece of advice about limiting unwanted calls is that you should try not to answer any calls from numbers you don’t recognize. When you answer a spam call, it lets the caller know that your phone number is active, which can lead to more calls in the future.

Submit your technology-related questions to submissions@groundcovernews.com and they might be published in the next issue of Groundcover News!

If you struggle with technology, reading, writing, or math, you may be eligible for tutoring through Washtenaw Literacy. For more information, or to volunteer as a tutor, visit washtenawliteracy.org or call 734-337-3338.

What’s Happening at the Ann Arbor District Library

Open 10am–8pm Daily

Hang out in any of our five locations across town, browsing books, magazines, newspapers, and more, or check out movies, CDs, art prints, musical instruments, and science tools—you name it! Study and meeting rooms, fast and free WiFi, and plenty of places to sit and hang out.

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FEATURED EVENT

The Summer Game SPECTACULAR

Saturday, July 29

1-4pm Veterans Memorial Park

Join us at the annual splendidly staggering, outdoor, earn-a-metric-ton-of-points, Summer Game Spectacular! Get outside and enjoy the summer with us in one of Ann Arbor’s greatest parks! Featuring the high-flying circus The Aviary, AADL’s amazing outdoor game collection, face painting, food trucks, and more, this slam-bang event will knock your socks off no matter your age!



Left: Ken and Odalys with her daughter Daymara, and Daymara's son, Anthony. Middle: Ken, Daniela and her son Santiago Alberto, and Daniela's parents, Lazaro and Anita. Right: Daniela and Ken. All photos were taken in Guanabacoa, Havana, Cuba.

Blessings from Cuba

KEN PARKS
Groundcover vendor No. 490

I came back to Ann Arbor after a month in Cuba (May 5 to June 2). I hope you read “Cuba or Bust,” which helped me get there. The community financial support was essential, especially due to surprise expenses to confirm a flight and overweight baggage, not to mention it was a one way ticket. Generosity got me a return ticket.

The blessings of Cuba are more than the blessings of the Revolution. African culture, particularly Yoruba, runs deep in Cuba, evident in the many parties and street celebrations with the rhythm of African music and dance. The African diasporic religion Santería is everywhere. When I arrived on May 5, there was the sound of drums and song from Odalys’ (my first wife) house, one of the two houses our family has built in the last 20 years.

The truth is when I married Odalys, I married Cuba with layers of extended family. The central family today centers on my three ahijadas (godchildren) and Jorge and Mayalin, who run

the neighborhood farm. We are learning that the earth is our original family.

My first trip to Cuba was in 1994 with the Pastors for Peace Caravan. We were welcomed like heroes for standing up in solidarity just like the many thousands of Cubans who volunteered to go to Angola to fight the South African invasion, especially after Fidel pointed out that “African blood flows in Cuban veins.” This is one of the historic lessons of the Cuban Revolution. Cubans, Angolans and Namibians united to defeat the South African Defense Force which was backed by the United States and had nuclear weapons. Nelson Mandela went to Cuba to express gratitude for this victory which led to his release from prison.

Cuba today may look like a failed revolution as food shortages and high prices weigh heavily on everyday life. If you read my October 1, 2022 article “The Problems We Cause For Ourselves,” you are aware of the reality of obstacles arising at every stage of the path which are resolved by looking at the new context and the goal of freedom. Our ability to do this requires

tender love and care.

The central, dominating role of the U.S. dollar creates poverty in third world countries by trashing local currencies and promoting global commodity consumption. My month in Cuba was in this context. Cubans still get rations of rice, beans, eggs and more, but it is not enough. Fortunately, May is mango season. My family has a tree in the yard so I ate several mangos a day. I brought enough money and food to help when rations ran out. The shortages hurt enough people that many want to emigrate. My Groundcover article from January 27, “Welcome Refugees,” tells that story.

If you read “The Wisdom Of The Body,” published February 24, you may recall that my “core fell through the floor;” this was the background for a health crisis that delayed the trip. My serious arthritis cleared up quickly in Cuba. There is no explanation outside of the fact that it is a more natural environment. Reality is alive in earth, sky and human relations. The relaxation response becomes natural in a way that is hard to explain to North

Americans. It is part of the popularity of Cuba as a tourist destination. It is unique among many countries that retain some precapitalist heritage. Cuba brings its revolutionary character into the third world and has a global reputation for genuine independence from the capitalist model.

It is a nice surprise that Daniela (my lead ahijada) is a natural master of natural breath. She often says “tranquilo” to me. She is the center of my article “Welcome Refugees” and will be part of the growing Cuban-American community in North America. Puentes de Amor (Bridges of Love) is a Cuban-American group that we want to work with and expand. I believe the indigenous people of Turtle Island and Cuban Americans will work together as we build a culture of peace.

The next step for all peace-loving people is to welcome the Golden Rule sailboat, a project of Veterans for Peace. It will be in the Detroit area in mid August. Hasta la victoria siempre! Always towards victory, we look forward to the next step in that direction.

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JUST
world for all

JUNE 2023 EVENTS AT BETHLEHEM

Please visit the church website at: bethlehem-ucc.org for the most up-to-date calendar and event information.

Sunday Worship Time
10:00 am In-person
and via Live Stream and Radio Broadcast

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Neither Do We. United Church of Christ

Ann Arbor for Public Power

power to the people.

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meet my pet pal: TISH GIRL & AMANDA "feel our fairy dust"

A column on why those experiencing homelessness and housing insecurity have pets and why it is important to support that.



Hi there! My name is “Tish-Girl” or “Tish” (well, at least that’s what my “Pet Girl” Amanda most often calls me). My full name is “Socraticia.” My “Pet Girl” gave me this name because there are times and ways I just “look so wise.”

How did Pet and Pet-Human find each other?

I was getting REALLY DESPERATE! I had been THROWN-OUT, tank and all, at a dumpster! My Pet Girl Amanda was walking by one day, and she saw me in my tank with pretty pink pebbles, blue sand, green plants, and just a bit of water. The trouble was she thought I was a small, ornate rock!

How could I let this human who cared enough about animals to stop by my tank to investigate — know that I WASN’T a rock!? Besides, I was SCARED! What if my natural instinct was right, and I should be AFRAID of any! human?

Still, I was DESPERATE! I decided to extend my head out of my shell, just a bit; and also to move a little. Suddenly, I realized that the human girl looking into my tank as I moved a bit, realized that I am a LIVING TURTLE!

Right then, Amanda became my “Pet Girl;” She immediately picked-up my tank with me in it, and brought me into what was then her and her Mom’s apartment. The next day, she looked-up what type of turtle I am, and realizing I am a “Red-Eared-Slider,” she reset my whole tank to be especially for me, just how I need it. She also gave me my type of food. It was then that I knew, I am LOVED!

She also talks with me (though I speak a language different from English) and somehow we UNDERSTAND each other. My Pet Girl Amanda also dotes upon me, looking at me fondly, and all these ways let me know that my Pet Girl Amanda ESPECIALLY VALUES and LOVES me. She DELIGHTS in me, and wants to visit with me; She recognizes and likes my yellow and brown splashes of just right, beautiful design.

It’s now been 17 years since my Pet Girl Amanda found me; I was then only slightly smaller than a quarter, and I’m

now as big as Amanda’s two hands! Many feeder worms, mini shrimp, spinach, pellets and lettuce later — we’ve been Pet and human companions all this time; and since my average life expectancy is 30 years, we’re doing great, and we’ve got some miles to go!

Tell us a few things about yourself.

I’m a KEEN OBSERVER, and always tell Amanda in my own way How HAPPY I am with her as my Pet human, for her company and for her CARE for me with each detail. Also, somehow I “just know things.” I can tell if my Pet Girl is rushed or tired sometimes, though I am GLAD that Amanda is always a happy person, and patient and CARING, NO MATTER WHAT. I communicate a lot through and with my eyes; I look directly, to notice and convey. I’m still VERY WISE. I get EXTRA relaxed or enthused when Amanda puts K-Love Christian radio on.

I ENJOY Amanda’s visits; it’s fun being a pet when you’re LOVED.

I’ve been wondering where Amanda’s BELOVED Mom is? She used to live with us and she and I also used to visit a lot — especially while Amanda was volunteering or at work. However, I’m now daily entertained by the sounds of other nearby animals, other sounds like tree leaves blowing in the wind. Sometimes I hear Amanda’s Mom’s voice through this small, strange, hand-held device, and I wonder and I wish I could visit again with Amanda’s Mom sometimes. Amanda and I PRAY for her BELOVED



Mom, Becky; who also HOPES she will get to visit with me again now and then.

I ENJOY that my Pet Girl Amanda is ALWAYS talking with me when she preps for the day and when she gets back to our wooded home. We feel nature around us together; and I “can tell” Amanda FEELS VERY SATISFIED! with my company.

My Pet Girl relates with my really positive nature; we together find and focus on the GOOD; the beauty and purity around us; and the GOOD in other people. We desire to bless others with our “positive vibes,” and to even seek to somehow give back to Nature, at least a little of what it’s doing for us. So we breathe it, and RECEIVE IT; FULLY. We SEEK to KEEP a part of it with us, and let some others EXPERIENCE the “Fairy Dust” (Ha Ha!) from off of us, also. We just CARE!

What is a challenge of having a pet while experiencing homelessness?

If you tell the wrong people that you have a pet while you’re “homeless,” they might assume you shouldn’t have one! Some people don’t realize that exactly you and your pet are ESSENTIAL FOR EACH OTHER! You Are FAMILY, helping each other thrive! and advance in a big, big world of some who don’t care. If you have kids, just imagine them being taken away from you just because you’re not in some other people’s financial bracket, and then insisting that somehow you’re then best situated to enjoy life and advance financially, though your heart would be ripped apart from such excruciating loss!

The really good thing is the way my Pet Girl Amanda takes care of us. We don’t know that we’re homeless, and thus, we really AREN’T! My Pet Girl Amanda, takes much better care of me and herself than if we were residing in a more traditional dwelling! Amanda cunningly improvises; I have a smaller tank right now (though probably my Pet Girl is going to buy me a larger one for summer). We will be taking walks in “our woods” soon on a leash, since my

metabolism is getting more active now that spring is more fully here. There isn’t a stream here, so Amanda must bring water in a jug to me, but that is “AOK” with her, since it’s for me.

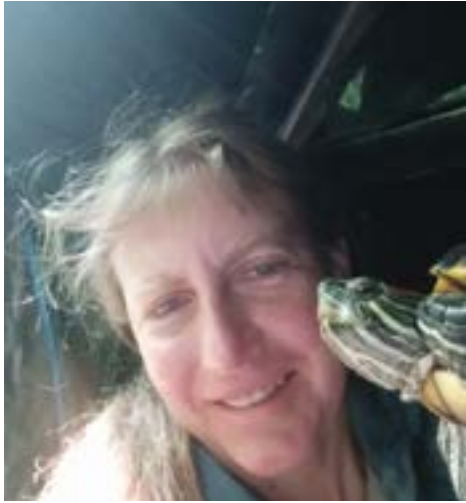
Though my metabolism goes down to semi-dormant during coldest fall and winter, I MUST have at least three or four hand warmers that my Pet Girl tucks me in with, along with my blankies. Water also must be given only at certain times; I don’t need it as often; though water also must have a hand warmer under it, to keep it from freezing. My Pet Girl ALWAYS keeps us REALLY TOASTY WARM! My Pet Girl budgets extra carefully to make sure I ALWAYS HAVE WHAT I NEED, and that I’m COMFORTABLE.

Something really sad though, is, if you have a pet that CANNOT BE ADAPTED FOR, that pet might not have ANY good options for the cold season. Amanda’s pet toads now simply talk to us from afar somewhere. We hear them in the voices of non-pet toads and frogs in the woods around us. THANKFULLY, I, Tish-Girl, am MUCH Simpler to TAKE CARE of; Amanda and I just ENTRUST our departed amphibian friends to our OMNIPOTENT, ALL MERCIFUL GOD. We believe we will more than likely have them in our lives again someday, somewhere beyond this life, In Eternity.

What is something our readers should know about you and Amanda if they see you both on the street?

You won’t likely encounter Amanda and I out in public; I MUCH prefer the earthy ground under my feet, and the shade covering of leaves overhead and around us (and actually Amanda much prefers this environment in many ways, also!)

If we somehow do get to meet someday though, I’ll really look forward to it! I’m REALLY FRIENDLY and I know my Pet Girl Amanda will seek only nice humans to introduce me to; and if you’re interested in this Pet Pals article, you probably are one!



Love by Love: Let our Lindsay shine

A column on compassion

Start with her warm and kind face inviting your serenity. Looking into that face is like floating in a Sea of Tranquillity, with a smile that would squash an entire evil empire. Lindsay's laugh is awesome, precious at the least ... lifts me to such great heights. She is as royalty to the streets. Ya, I guess I'm saying she's a Princess — Our Princess of the Disenfranchised, who is there for Us always with her warm and loving smile, illuminating the room — so warmly as if to swaddle us in ...

'Princess Warrior Lindsay
Of The Disenfranchised'

She works so hard and takes on such a heavy stress load for Us. She cares so intently and always gives her sincere thought and effort to helping Us anyway she's able ... often, above and beyond reasonable measure. She is intelligent, talented, even tempered, and with an always sunny, Sunshine demeanor — do not underestimate



that hidden strength that's there when we need it. With all these talents, she has many choices — and if you think she's in it for the money — what money? Lindsay's beauty shines from within, and then upon us. Oh man, she never stops; her home is a rescue house for the homeless, she does homeless camp outreach on off time and has invested in several endeavors, always to support her community. She has been doing this while in Graduate

School at the University of Michigan, then continuing after getting her Masters Degree. She could do anything, but what she seems to want to keep doing is giving and giving and giving. Bless her Giant heart, sometimes I believe we don't deserve her presence but she does it anyway and gifts Us with her glowing presence that refreshes and renews our strength to fight on. Her Love and Kindness are there for her vendors and writers with so many little helpings that are often above and beyond, that she manages to wedge into a hectic time schedule. She probably would say something so kind and humble, like, "Oh, I was going to do that anyway" (while she's up early or late cooking our dinner for the Writers Review Meeting). Somebody get that woman a peanut butter and chamomile smoothie. Bless her heart, that was a joke for her. I have to have a treat and a joke for that smile, and a laugh — now I'm ready to write "War And Peace."

Groundcover needs a special Lindsay appreciation day, not just as a Publisher, Director, Editor or friend ... somehow she's all of that and a plate of pomme frites. Lindsay has had patience with me through so much. I'm eager to know where she gets the foundation that gives her that strength ... it sure is noticed and greatly appreciated by moi. All Our Grace to Lindsay Calka. All The Grace to Our Loving Lindsay. Sincerely, Markona Love

"LINDSAY DAY" (June 16)

Author's Note: I wrote this from within a state of apology, currently in progress. I had the realization that I was adding more of the same stress to what Lindsay already had piled on her. I was being self-centered and selfish of her feelings, which I will forever regret.

Truth or lies: Randy the Racer

"Zoom, zoom, rev, rev," went the sounds of the motor headers as Randy raced down the street. Randy Welch, a three-time National Car Racing Association winner, raced down the street everyday. It did not matter if he was on the track or if he was going to the local store, he sped up every time he drove. Randy was 26 years old and had no children or wife. He was a bachelor with an arrogant disposition. Town folk would say he was quite full of himself and needed to stop speeding through the town. Randy would race against anyone who challenged him. He never wore a seat belt or considered any pedestrians.

Randy had several race cars. His favorite was the red 1980 Maserati he won as a prize in the Spark racing competition. Every time he drove the Maserati, Randy would race on the streets boasting that no one could beat him. The Maserati was previously owned by Juan Hamman, a humble family man who crashed while racing in the national competition. Juan won seven national and 10 international races before he passed.

"Zoom, zoom, rumble, rumble," — the sounds of the Maserati idling at the corner of Seventh St. A black Camaro approached the intersection. Randy turned his head to the right and nodded at the driver of the Camaro. They looked at each other then took off — "zoom, zoom." All of a sudden, Randy sees Juan Hamman



standing in the middle of the road. Juan was gesturing to him and shouting, "Slow down, children are playing." Randy could not believe his eyes — Juan was standing in the road shouting at him! He could not swerve or veer, he had to keep driving straight ahead. Randy thought, "If it is Juan standing in the road, I will have to run his dead body over!" In an instant, Juan grabbed a little girl who was pedaling her bicycle in the street. He snatched her off her bike, thus saving her life. Randy did not expect her to be riding in the street! Finally stopping, he was relieved that the girl was safe and not injured because of his street racing. Randy stood, looking all around and everywhere for Juan. When he returned home later that evening, he wondered if he really saw Juan, questioning himself, wondering

if the little girl was real or dead also. The next day he decided to return to Seventh St. to see if the little girl was real, and where Juan was. How could he return from the grave, he wondered? Randy was anxious and not paying attention to his speed. Once again he was speeding, and out of nowhere the little girl appeared riding her bicycle. Then Juan appeared, and Randy drove straight through Juan's silhouette once again. Randy did not notice that he had traveled through time crossing through Juan's silhouette.


Randy found himself in a jail cell. He had been charged with vehicular manslaughter of a pedestrian. Randy stood grabbing the bars shouting "What have I done? How did I get here? Someone please help me! I am sorry! I promise never to speed down the streets again!" Randy started to cry thinking how he never got married or had children. He thought about the little girl. "Is that who I hit?" Her parents probably wanted to kill him or see him in jail for life. Randy shouted and swore out of his mouth that if he could turn back the hand of

time, things would be different. He would not speed down the street, and only race on the track.

Exhausted from crying and shouting, he laid down on the cot in the cell to rest. Randy fell asleep and dreamed.

His lawyer was a man named Larry Cluable and the prosecutor was a lady named Shelly Smoores. She wanted to see him put away for life in prison! He had run over the little girl named Kylie Ight. The jury had more women than men. The judge was a lady named Judge Christy Evans. The trial was quick and the jury only deliberated for fifteen minutes. Judge Evans read the verdict then sentenced him to twenty years hard labor. When she slapped the gavel, he awoke, shaking and scared.

He was sitting behind the wheel of the 1980 red Maserati. He threw his hands up and thanked Juan silently and slowly drove home. Grateful to Juan, he opened a training course for new drivers, teaching them the importance of not speeding and street racing.



Is "Randy the Racer" TRUTH or LIES? Go online at groundcovernews.org to cast your vote!

You guessed right Groundcover readers, the Town of Junken, published May 19, was based on a TRUE story.

Temporarily homeless

ANONYMOUS

Sitting by the side of the road,
Walking for miles and miles.
Saving pop bottles to cash in.
Wondering how you'll get your next meal.

"Homelessness? Things happen. You're fine.
Don't spend money on drugs," they say.
But they don't know the half of it.
And who said anything about anyone using drugs when maybe they're just down and out?

Use, abuse, take take take.
Is that how you find the way out of your situation?
There's a better approach called give and take,
When both have something to offer.

Trains, planes, buses, and cars...
Who knew, all the fusses we make about affording fares and gasoline.
But we all have to get somewhere, somehow and sometime.
Why not just enjoy the idea of traveling?


Life is so short, why all this suffering?
Crying, hurting, starving, thirsting...
And do you have it made when you have many things?
Who knew material goods could mean so little when what you need is love and compassion?

She's young, she's innocent, she's homeless, so let's take advantage...
You're old, you're unclean, you're mean, so she'll run the other direction.

Who's in her corner fighting for her?
Parents, family, friends, you just don't see.
I don't need your kind of "saving."
And they look out for me so I'm not as alone as I seem.

Where oh where can I go to sleep tonight?
All I need is a place to lay my head at night, a job and some money.
Who knew life could be so hard, unemployed.
It should be that I'm employed and well set.


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Build your positivity muscle

MOHAMMED AL MUSTAPHA
Groundcover contributor

I want to start this article by reminding you, the reader, that you are a resilient being capable of extraordinary feats which you can choose to exhibit at any time. This superb sense of resilience, which you embody, can at times be dulled by the many different circumstances in life, but it never diminishes. It will always be there for you in your time of need and can be generously extended to assist others around you as well.

We human beings are very unique and peculiar creatures. I like to think of us as unique individual collections of memories. The way we interpret those memories can be positive or negative. Unfortunately, for many of us, the deficit in balance of bad versus good memories leads us to regress into a negative pattern of thinking. This negative digression cycle is very hard to break and can so consume a human being that they can lose sight of the

beauty of who they are and what they have. They can become so overwhelmed that they completely lose track of the goodness within and become self-destructive through negative habits such as substance abuse and dependence, alcoholism or a host of the many negative coping mechanisms that we humans can detrimentally execute.

Overcoming past traumas is not an easy thing. To deal with the intrusive and excessively negative thoughts that barrage my mind, I have learned a potentially helpful new trick that I want to share with you. You see, just like you, I have my fair share of negative and horrid past traumas and experiences.

When these obtrusive negative thoughts started inundating my mind and obstructing my thinking, I didn't know how to deal with them, and they would cycle through my head in such a fashion that I didn't know how to stop them. I would seek substances that would alter my mind in the hope

of easing it, but they would only compound and amplify the problem. The regression was so severe that I would lose track of whatever I was occupied with at the time and would end up making completely irrational decisions that would devastate my self-development progress.

Being the hard-headed individual I am, I abhorred seeking mental health assistance, whether due to cultural stigma or just plain arrogance and hardheadedness. To deal with the insistent and obsessive negative thought cycle of self-victimization, and constantly asking myself the same questions like "why did this happen to me?" or "why is my life this way?" or "why did I have to go through this?" I just faced my mind and embraced the thoughts.

By embracing my traumas and recognizing them as part of my being, my personality, and my character, I was able to overcome them. Whenever I would get negative thoughts of previous trauma, instead of allowing my

mind to wander with the question of "why me" and "why so", I reminded myself that I am here, now, and alive. What was supposed to hurt me and destabilize me, I have endured and survived. What was supposed to make me weaker and destroy me has only made me stronger, has reinforced my resolve to be a better human, to not give in to evilness, to continuously strive to be a better, stronger person.

Instead of wallowing in self-pity and embracing a victimized mindset, I reverse it. I am a survivor. I am stronger today than I was when whatever traumatic event happened. By constantly reminding myself that this is who I am today, I am in constant self-development and improvement of myself, my body, my mind, my family, my community and humanity in general. By embracing the trauma and realizing that it has happened, it is in the past, and it's a part of me, it has only made me stronger. I am free from

see **POSITIVITY** next page ➡

Breaking the ice — doubts, faith, opportunity

KEVIN ALLGOOD
Groundcover contributor

Some may say Groundcover is a scam; some of its writers at times may think their writing is subpar, but it's a way to make money writing and selling papers. Some may feel it's not their talent and think that they may never make it.

The thing is, I'm a Christian, virgin, schizophrenic myself trying to navigate the spiritual world of the Most High God and Satan Our Adversary. I know not the mental health nor the total economic stance of all involved in Groundcover, therefore can only speak on my own behalf. I know many are hurting in today's economy and we could all seem to get in the Christmas spirit out of the season of goodwill and love for others.

Saint Nikolas was a real man that would buy toys for the poor kids and was beloved for it. That Irishman I believe became Saint Nick, our Santa Claus. Now, if Santa was a real person, a Christian, then how could we get into His Spirit, His Holy Spirit — by selflessly loving others?

We could also humbly pray that God would circumcise our hearts and His Holy Spirit would come into Our Temple that is our body. So no parent has to lie about Santa coming and

leaving gifts cause if Dad is in His Holy Spirit, he truly is Saint Nick. When friends tell kids that Santa is not real and they finally believe it, they therefore subconsciously think the whole Jesus thing is a lie. Was Jesus real? Is his birthday just a scam to make money? I ask kids today what Christmas is about and many would think Santa gives gifts and there are elves and reindeer. Many kids nowadays do not even know that it is the day agreed on to celebrate the birthday of Christ and the gift of salvation.

Looking at Groundcover's 2023 Exceptional Community Member Edition, the photo of Juan Castro dressed as Santa surrounded by three beautiful women looks like an embarrassing amount of riches.

Many think schizophrenic and think crazy; some may think of Rob Thomas's "Unwell" (a favorite song of mine). But I see it not as some doctors do, as the subconscious talking to the conscious, but as an evil demon, and that sometimes you forget people are around and you get mad at it and yell or get teary-eyed and cry. Sometimes you get so stressed you forget to take a bath or brush your teeth.

With Groundcover, I see an opportunity that God has put before me, and even if I don't profit from it, hopefully others will. Like a rock thrown into a

pond, the ripples are what counts. I could foresee a doctor across the street from the State movie theater, having a coffee at Starbucks, (BTW is it legal in America to want to unionize? How could anyone get fired for wanting to help their coworkers to have better work conditions?) reading my story, keeping up on my entries, who might understand something, for me to have a breakthrough all because of Groundcover.

In my faithwalk, it's been lonely and I have been abused by Satan all my life and if it's God doing it, "love me less" (joking, Archangel Gabriel, I'm joking). My heart's desire one day is to have a loving family, for me to be a family man. I have struggled with sexual sin thought across all areas on a spectrum, but trust I am a born again virgin of two decades. Like going to the gym, self-talk trying to stand up to dangerous sin thoughts is a must to get stronger. I realized that hiding from the Truth only makes you live in fear and to house Fear in My Temple was a horrible feeling I desired freedom from.

The internet seems to have a skill leading you into mental sin and seemingly encouraging you to lie from the very sin it sold you. From my experience, it seems some demons have something in your temple to physically hold on to when we lie and are afraid.

The first step to freedom is to be willing to admit you fall short of the glory of God. And for those sins that test your honesty, confess it, if need be openly, and therefore do not fear the past, for the Bible says to confess your sins to one another and God is just to take away all unrighteousness from you.

To beat fear is to be brave so many times that fear is tired and afraid of you so it doesn't even bother any more.

To be on Social Security with free time, maybe Groundcover and I may be a good marriage after long courting seasons. If all things work for the good of those who love God and are called for His purpose, then hopefully He has a purpose for me at Groundcover!

It's maybe not about winning a Pulitzer Prize, but to find rich loving relationships, and maybe even about others in the community hearing about a personal story and maybe changing their life. From a long lost friend to a daughter never really known, a Father, an admirer, to a mentor, you never know what treasure you can get.

Well this piece has more about the birth of Jesus then myself, but now I think maybe it's about my birth at Groundcover and it's all sound.

Sudoku

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		9	3		5	1		
	6						7	
5			7		6			4
8		6	2		4	7		9
				7				
1		7	6		9	4		3
4			8		1			7
	5						2	
		3	5		2	8		

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Man of the Month

Tracy Bennett and Peter A. Collins

ACROSS

- Displeased look
- Play group?
- Seafood order
- Omega's opposite
- Motor City industry prefix
- Heroic story
- Tropical fruit source
- French possessive
- Recognize
- Chew, beaver-style
- In the hole
- Field of expertise
- Biblical patriarch, originally
- Transportation for Jason
- Speedy falcon
- Private eye
- Annual milestone, briefly
- Recognize
- Like a doily
- Creator of praiseful poems
- Kind of party
- Bon ____ (Comet rival)
- Grasp, informally
- Bowler's banes
- Bagel topper
- ____ Tuesday
- Big name in chairs
- First father?
- Liabilities on a balance sheet
- "Dallas Buyers Club" Oscar winner Jared
- Ivory alternative
- Sunscreen ingredient
- Pre-1997 name for Miami's home
- Big name in fashion
- O on a phone: Abbr.
- Combo conjunction (often with a /)
- Calls upon
- 1040 IDs
- FaceTime precursor

DOWN

- Drains
- Sound from a fan?
- ____ research (intel on a political rival)

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
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					63				64			
					65				66			
					67				68			

Tracy Bennett and Peter A. Collins

32. Brain tests, briefly

33. Kind of shot

34. Basketball game

39. Runs in circles?

40. High-percentage basket

42. Workout centers

44. Classy org.?

46. British or Latin patriarchs

47. Carbon-14 technicians

51. Google ____

52. Baby's first word, maybe (perhaps on the third Sunday in June?)

53. Yale students

55. Home to 50-Across

57. Longtime role for Harrison Ford, familiarly

58. At the pinnacle of

59. Heavenly harp

61. Uno y uno

62. Western Hemisphere alliance: Abbr.

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seek even greater positive challenges. One of those small positive tasks for me has been riding a bicycle. It feels great, gets me where I need to go faster, and improves my cardiovascular health.

Also, seek a hobby. Find something that you enjoy doing. On the real, one of the best things that has happened to me has been writing. I never thought that I would have my articles published in a newspaper, let alone a full page. That's why I give a huge heartfelt shoutout to the Groundcover family, starting with the awesome Managing Director for doing such an amazing job, to all the editorial staff for making sure my writing makes sense, all the donors for making sure we have this outlet, and last but not least, the vendors for making sure that our works get into the hands of the readers.

Whatever you do, just remember that what has happened in the past does not dictate your tomorrow, for it is a better day. Start with small positive acts and, trust me, they will accumulate into bigger and better things. And hey, wherever you are going, I pray that all the traffic lights on your way turn green. Amen.

Easiest chili in the world

LUIZA DUARTE CAETANO
Groundcover contributor

Ingredients:

1 pound of ground beef
1 onion
4 cloves of garlic
1 can beans
1 can corn
1 can diced tomato, or 1 tbsp tomato paste
2 tsp chili powder
About 32 ounces of boiling water.
Salt and pepper to taste.
Optional: shredded cheese.



Directions:

Prep your ingredients: Dice your onions and mince your garlic. Open the cans and drain them. Set some water to boil.

Set a different pot on high heat. No oil needed. When the pot is hot, add the ground beef in and smash it with a wooden spoon, moving it so it browns, but doesn't burn.

Season the beef with the salt, pepper, and chili powder.

Add your onions and garlic and cook them for about 3 minutes, or until they soften, mixing constantly.

Add the corn, beans, and tomato, mix, and finally cover it all with the boiling water.

Let it simmer over medium-low heat for another 10 minutes.

Serve it hot with some shredded cheese and sour cream on top, or as is.

PUZZLE SOLUTIONS

2	7	9	3	4	5	1	6	8
3	6	4	9	1	8	2	7	5
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8	3	6	2	5	4	7	1	9
9	4	5	1	7	3	6	8	2
1	2	7	6	8	9	4	5	3
4	9	2	8	6	1	5	3	7
6	5	8	4	3	7	9	2	1
7	1	3	5	9	2	8	4	6

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
S	C	O	W	L		C	A	S	T		S	O	L	E
A	L	P	H	A		A	U	T	O		E	P	I	C
P	A	P	A	Y	A	T	R	E		A	T	O	I	
S	P	O	T		G	N	A	W		O	W	I	N	G
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A	S	K	S		S	S	N	S		S	K	Y	P	E



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